



YOUR BEST LIFE

Honest. Excellent. Real.

FEB
2019

Projecting Our Love...

First of all, THANK YOU for all of the flowers, cards, messages and gifts you have graciously shared with me after the passing of my father this past January 15th. Your expressions of love brought my family and I so much comfort. I was overwhelmed with love and gratitude for each of you. I needed it and I thank you so much for that! Death near and dear to you causes you to take stock on your faith, your life, and your legacy. When we go, we don't take our "stuff" with us. It is the relationship, the memories, and the expressions of love that help us move past the earthly loss.

I am trying to be much more aware of how I spend every second of every day. Are you sometimes with your family but more interested in trying to pretend you are not checking your Facebook feed? Have you ever tried to talk with someone who is constantly checking their phone? It is maddening. This month, I am working hard at being "totally IN the moment." No matter what I am doing. If I am talking to a neighbor, I am in. If I am talking with my wife, I am locked into her beautiful eyes and putting myself in her place and how I would feel if I were in her shoes. (I don't do this enough by the way). Before every trial and before I do jury selection, I say a prayer, and I pray that God give wisdom and the power to be brutally honest, and to project LOVE to these strangers that I have not yet made as friends. No matter if I get some haters on my jury,



I am going to love them and show them absolute genuine kindness. When they ask me questions, I am brutally honest; they get the good, the bad and the ugly. It is the only way I know to try a case.

Try that with me this week. Be locked in on who you are with, and give 100% focus on what you are doing. Slow your mind down to focus outward on the person you are with. Project love to those even if they don't seem to want it. Focus on not talking about yourself. Don't interrupt them. If you work on this, it will take your relationship and trust to a higher level.

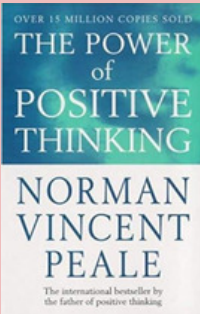
BOOKS TO BETTER YOUR RELATIONSHIPS

...With Yourself

The Power of Positive Thinking

by: Norman Vincent Peale

With 5 million copies in print and translated into more than 13 languages, this is definitely a must read if you are looking for self-improvement.

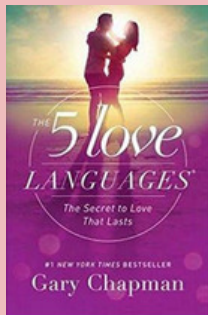


...With Your Significant Other

The 5 Love Languages

by: Gary Chapman

A favorite among marriage counselors, the 5 love languages is a great book to read with your partner. Discover your and your significant other's love language so you can speak to them in a way they can understand while strengthening your relationship.

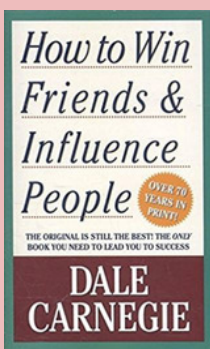


...With Friends

How To Win Friends & Influence People

by: Dale Carnegie

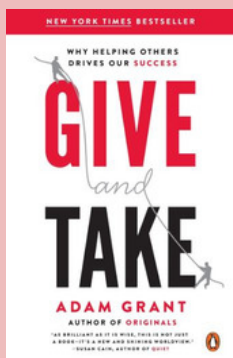
If you interact with others in any capacity, this book is a must-read. As one of the best-selling books of all time, this information (if applied as instructed) will teach you how to genuinely build and maintain friendships. Break out the highlighter because this is chalked full of gems.



...With Co-workers

Give and Take

The principles and take-away's in this book range from networking to communication to negotiation strategies. Who doesn't want to have genuine transformative relationships with the people they interact with 40+ hours each week?



Valentine's Day Events

Love on the Lanes

February 14th 4pm - 11pm

Enjoy dinner, dessert, and a night of bowling at King's Dining and Entertainment!



Chris Botti & The Nashville Symphony

February 14th, 15th 7:30pm

Grammy award winning trumpet player, Chris Botti will be playing love song favorites accompanied by The Nashville Symphony -- can it get anymore romantic?



Chocolate Affair

February 9th 7pm

Hosted by Lightning 100 at Marathon Music Works, this is sure to be an amazing time! Live jazz musicians, baked goods, chocolate fountains, and varieties of delicious food!



Titanic in Theaters

February 13th, 14th

Celebrate Valentine's Day like it's 1997 going to see Titanic in theaters! Both the Franklin Theater and Belcourt Theater will be showing the film on the big screen!



YOUR TURN:



Jennifer L.
from Murfreesboro

Kirby, Chris, and the Griffith team were AMAZING! In a very stressful experience, they took on the brunt of it. I did not have to stress about medical expenses or anything paperwork-wise. All I did was send it in. They kept me in the loop often, and responded quickly to any questions I had. I was not looking for a "Pay Day", I just wanted the accident's expenses cost covered. Griffith did that and more. This team is genuine and really care about their clients. I feel so blessed that I had a team who stood by my side and helped me settle a stressful ordeal.

That's What Friends Are For...



You've been in a wreck and are hurting. You hope the insurance company for the at fault driver will do the right thing, but they haven't. It looks like you are going to have to get a lawyer to even get your medical bills paid. You didn't ask to be in this position, but ... here you are.

The Insurance Adjuster is **NOT** Your Friend. ←

One of the biggest misunderstandings I see my clients experience when dealing with liability insurance companies is thinking you and the adjuster think the same way. You know your pain is real and legitimate. The insurance adjuster doesn't believe you. This is especially true if you have a whiplash type of injury, or if you have waited a week or so before you went to see a doctor. You were trying to tough it out and be virtuous, but the pain just got worse.

The insurance lawyers and adjusters question everything you say. They thrive on exaggeration and ways that they can make you look like a liar. One of the best examples of this is their choice to be able to send you to a courtroom doctor who is going to disagree

One of the simplest ways to overcome the courtroom doctor is to **have good honest friends testify for you.** We need "real people" who will go to bat for you and tell the truth about you. I know you don't want to bother these folks, but heck, let's face it, if they were in the same position, you would do it for them... right? One of the issues is, if you are going to be able to use these folks, they have to be identified fairly early in litigation. So you need to be thinking now of the folks that you need to list in order to help you fight the insurance company battle ahead.

These folks are:

- Your best friend.
- People you go to church with.
- People that you interact with. (This can be anyone from your dry cleaner lady to your accountant.) It is anyone who has interacted with you before the wreck, and knows how you are different now.
- Family. Family members can be both good and bad. Good because they know you well. But sometimes they may not make your strongest witnesses due to the fact that they have such a strong tie to you that they may be seen as overly biased.
- Co-Workers. Bosses, managers and co-workers who interact with you and can see how your injuries have affected you are great.
- Hobby interactions - Are you a member of a gym? A Book Club? Your activity has been affected in how you live your life. Think about this and let us know.

This list is not exhaustive. Be creative and just think about who knows you best. Every case I take I start preparing for trial. There is over a 90% chance your case will not go to trial, but if the insurance company continues to low ball your claim, we are going to be ready. I have tried whiplash cases to a jury and received over \$100,000 for cases they offered only the medical bills of \$12,000. If you are worthy, if you are honest, if you can help me find your story of how this injury has legitimately affected your life, then together we will win, and win decisively. Unlike a lot of lawyers, I love going to trial. By being honest, worthy, hard working, non-pill seeking, you make my job so much easier.

No Bake Chocolate Cheesecake Cups



INGREDIENTS:

- 4 ounces (1/2 of an 8-ounce package) cream cheese, at room temperature
- 2 Tablespoons sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon freshly grated lemon zest
- 2 1/2 cups semisweet or dark chocolate chips
- 2 teaspoons vegetable oil
- 2 Tablespoons large flake sea salt

DIRECTIONS:

- In a bowl, stir together the cream cheese, sugar, vanilla extract, lemon juice and lemon zest until well combined. Transfer the mixture to a piping bag and refrigerate.
- Combine the chocolate chips and vegetable oil in a microwave-safe bowl. Microwave for 30-second intervals, stirring between each interval, until the chocolate is fully melted and smooth. (Alternately, you can melt the chocolate with the oil in a double boiler.)
- Line the mini muffin pan with the paper candy cups. Spoon 1 teaspoon of the melted chocolate into each cup, tap the pan on the counter so the chocolate flattens out then refrigerate the pan for 15 minutes until the chocolate is firm.
- Remove the pan and the cheesecake mixture from the fridge. Pipe a portion of the cheesecake mixture in the center of each cup, then top the cheesecake with another 1 to 2 teaspoons of melted chocolate. Sprinkle the tops of each cup with sea salt then return the pan to the fridge for 20 minutes until the chocolate has fully hardened. If not serving immediately, store the cups in an airtight container in the fridge.



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Look Who's On the Cover!

Honored and humbled to be featured on the cover of *The Tennessee Trial Lawyer* after winning Tennessee Trial Lawyer of the Year! It is a privilege to fight for my clients each and every day. Thank you for the encouragement and support. This year has already had some highs and lows, and this is among one of the highs.



Grab Your Copy!

WE ♥ LOVE OUR CLIENTS!

We love hearing from our clients and want your referrals and reviews.

To Share Your Story email: sydney@griffithinjurylaw.com

Thank you for trusting us with the lives of your loved ones. We do not take this honor lightly.

WE WANT YOUR REVIEW!